

EASY 6.5 MINUTE MORNING ROUTINE

LINDSAY KINGDON'S SUMMER BEAUTYCOUNTER REGIMEN



Start by cleansing with 1-2 pumps of the Countertime Lipid Defense Cleansing Oil. I usually use this in the shower in the mornings. Follow with the Counter+ All Bright C Serum. Then shake a few drops of the Countertime Mineral Boost Hydrating Essence into the palm of your hand. Gently pat the essence on your face and neck. Follow with the Countertime Tripeptide Radiance Serum (only use 1 pump), then the Countersun Daily Sheer Defense SPF. Last, I use the Countertime Antioxidant Soft Cream.



Next I use a little of the Skin Twin. I am color 350 in the summer, but my skin has yellow undertones. People with my same skin tone, with less yellow in their skin usually do well with 340. I just put a dot of the foundation on my cheeks, chin, nose, forehead and rub in with my fingers. I apply some of the Touchup Skin Concealer Pen under my eyes, around my nose, and on any blemishes. I dab the concealer in with the pointy end of a sponge (like a Beauty Blender). If my skin is really dewy, I add a very light layer (applied with a large fluffy brush) of the Mattifying Powder. Then I use the Satin Powder Blush in color Nectar. I use the Brilliant Brow Gel in Medium, but it is being reformulated, so I'm going to switch to the clear brow gel + the Color Define Brow Pencil. Sometimes I use the Volumizing Mascara, but mascara has been the hardest to switch to clean.